

**GRAVITY**  
By Lorraine Viade, Psy.D.



*Gravity* is a psychological piece about chance, choice and the ultimate meaning of existence. Set in outer and inner space, there are only two characters that have to make life-changing decisions when they are left adrift in the vast void of the universe. What does it mean to live and what would any of us do to preserve life as we know it? We are all held on a tether that can be snapped at any time without our ability to control the outcome. What we can control though is the heart of *Gravity*. The film gives Sandra Bullock a chance to show her acting prowess and should earn her an Oscar nod this year. She goes through a wide range of emotions and reactions to her plight and we go along with her. What a ride. George Clooney is charming in his small but integral role but *Gravity* owes its gravitas to Bullock.

Outer Space has held humanity captive since the beginning. The stars, the planets and everything contained out there are deeply fascinating and have been the subject of many great science fiction and documentary films. *Gravity* is a more intimate and thought-provoking voyage into the very heart of being and nothingness. Beyond that the effects are amazing. How did they do it? Examining what value we place on ourselves in the midst of how little time we have to live on this planet is probably not something we do every day. Perhaps we should. Then, we might not take so much for granted.

From the moon landings to the tragedy of Challenger, our nation has had an ongoing romance with going into orbit and reaching out to new worlds. The risk of such ventures goes without saying. But despite the danger there is the inherent need to conquer the unknown and to find it for ourselves and within ourselves. Courage, will, determination, acceptance, sacrifice and hope; these are just some of the things that make us human and make us special. Ultimately, it is up to each one of us to decide how long we want to go on with our lives when faced with that decision.

Life is not easy. We all suffer. The choice to cling to that misery or to look for meaning in our experience is the very nature that lives inside us. With so much to live for, it might seem like an easy task – but is it? Do we cling onto the past or go boldly into the future not knowing the outcome? I say we must go into the darkness, into the silence, past the fear, past the doubt. That is the only way home.

I give *Gravity* four spaceships.

